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MANY BEARDED OUT BY DRAG QUEEN WIN

EUROVISION FINALE DIVIDES A CONTINENT

PAGE 6

Lac-Mégantic rebuilding a symbol of better times

Revival of Musi-Café to act as part hangout spot, part shrine to the fallen PAGE 4

Science offers a hand, literally

metro AR

Inventors in New Hampshire develop a revolutionary new prosthetic limb. Use Metro AR to see the technology in action PAGE 8

Habs shut out Bruins to force do-or-die Game 7

Montreal dominates Boston, silences critics at home behind Pacioretty, Price PAGE 21

NEWS WORTH SHARING.

Vadym Prystaiko, Ukraine's ambassador to Canada, speaks to reporters at the Park Town Hotel in Saskatoon on Monday. He's calling on world leaders to reject recent separation votes held by pro-Russian separatists in two regions. More Ukraine coverage, page 6. MORGAN MODJESKI/METRO

Ambassador rejects 'joke' referendums in Ukraine's east

Warns of 'pretext for further action.'
Vadym Prystaiko calls on world leaders not to recognize recent votes for separation

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Ukraine's ambassador to Canada is calling two referendums held by pro-Russian separatists in the eastern region of the country "a joke."

Vadym Prystaiko, who was appointed ambassador in 2012, was in Saskatoon on Monday as part of a trip to strengthen ties between Saskatchewan and Ukraine.

Speaking to media at the Park Town Hotel, he said the recent votes were illegitimate and that world leaders must reject their results.

"It can't be recognized by anybody. It's sort of a joke," Prystaiko said.

"The ballots they were using were just a simple piece of paper. By not having the protected piece of paper, you can vote as many times as you like."

He explained that under Ukrainian law, the regional referendums are not recognized. But he noted that the votes could serve as a "pretext for further action" in the region.

"That's what's bothering us," he stressed.

"That's what's a threat to the society — to the state itself."

The referendums, which were held in the pro-Moscow regions of Donetsk and Luhansk on Sunday, have been called illegitimate by the Western world — including by Canadian Foreign Affairs Minister John Baird.

Many countries, Canada included, fear that the votes might undermine Ukraine's national election scheduled for May 25.

In a statement on Sunday, Baird said Canada would be there to support the people of Ukraine as they chart a "new course in their history."

"These votes are a farce and constitute another attempt by pro-Russian separatists to incite violence and further divide the country," Baird said in the statement.

"The only legitimate vote will be on May 25, 2014, when real democratic action will be at play."

WITH FILES FROM THE CANADIAN PRESS

RBC branch

Cops seeking leads in brazen armed robbery at bank

City police are asking for public assistance in identifying three robbers in a bank heist on Monday.

At 11 a.m., officers were called to a Royal Bank of Canada branch on Worobetz Place near 22nd Street West.

Two masked men armed with a handgun and a sawed-off rifle entered the building while a third accomplice, a woman, remained close to the bank's exterior door.

One employee suffered minor injuries before the robbers fled with cash in a white 1995 Chrysler Intrepid with Saskatchewan licence plate 262 FMW — a car that police said was reported stolen earlier in the day.

"When an incident like this happens and it appears to be organized (and) it appears that these suspects armed themselves with firearms and then an injury occurred ... certainly that is rare in Saskatoon," said police spokeswoman Alyson Edwards.

Bank customer Diane Weiland said she's surprised by the incident.

"The fact that it was armed concerns me," Weiland said.

"It could have turned into a hostage (situation)."

Police describe the male robbers as aboriginal and about 20 years of age. One was wearing a black hooded sweatshirt with a skull symbol on the front and the other was wearing a grey sweater.

The woman is described as aboriginal and was wearing a grey sweatshirt.

MORGAN MODJESKI/METRO

The RBC branch on Worobetz Place was the site of an armed robbery on Monday. MORGAN MODJESKI/METRO

Elevated park bridge expected to renew area

North downtown. One aspect of strategy is to reduce worthless industrial 'brownfields'

JACOB MORGAN
jacob.morgan@metronews.ca

City hall is aiming to put the north downtown area on the right side of the tracks.

The city's executive committee heard a presentation Monday about the North Downtown Master Plan, which includes an elevated park bridge to run across the Canadian Pacific Railway line between 29th Street West and 1st Avenue North.

"This elevated park accentuates already significant views to the southeast and will itself be an iconic structure," states a report.

The bridge would give commuters better access to adjacent neighbourhoods, the document says, and improve residents' quality of life.

Jeanna South, special projects manager, says an influx of people into the district will offset a $58-million discrepancy in the total project cost of $130 million.

"What this would do is attract development to the site," said South. "All of a sudden … we have a higher rent on that site, and the city is making more money on that site from the taxes."

The initiative would be developed in phases and finish within the next 30 years.

Another aspect of the strategy, South added, is to reduce unused industrial sites, known as brownfields, and to boost density.

"We want to restore the environment," South told the committee. She explained that brownfields encourage negative behaviour and don't provide revenue.

While the proposal is set for submission to council for approval, most members of the committee are cautiously optimistic.

Ensuring Sweet Dreams for 22 children

Social Services Minister June Draude with Mayor Don Atchison outside Sweet Dreams, a new supported-living residence, on Monday. The project, funded through a Social Impact Bond model, will help at-risk mothers and their children through housing and support. If the province succeeds in its goal of keeping 22 children out of government care while at Sweet Dreams and up to six months after leaving, private investors will get their original investment back with interest. MORGAN MODJESKI/METRO

Woods says note gave directions to wife's body

A Saskatoon man accused of killing his wife took the stand to insist he had nothing to do with her death and that she just disappeared one night.

David Woods is on trial for first-degree murder in the death of Dorothy Woods.

She was hit in the head, bound and strangled before being left in a culvert outside Saskatoon sometime between Nov. 12, 2011 and Jan. 4, 2012.

Woods testified Monday that he and Dorothy agreed to have an open relationship in 2011, but things fell apart when he found a condom wrapper in their truck.

He also testified that he found an anonymous note on the truck of his windshield and that it mentioned Dorothy and directions out to Highway 11.

Woods was driving the truck that police tracked to the Blackstrap Lake area two days before his wife's body was found.

The note has not been entered into evidence.

The Crown will cross-examine Woods on Tuesday morning.

Earlier Monday, an RCMP adhesives expert said green electrical tape used to wrap plastic around Dorothy's body came from a roll police found in the Woods' garage.

Robin Abel told court the two tapes had the same thickness, stickiness and colour.

Abel said the lab also received a piece of knotted rope, but it was returned because the RCMP does not specialize in the analysis of knots. CKOM/THE CANADIAN PRESS

Saskatchewan to let soldiers vote immediately

Election rules.
Province set to give those from Canadian Armed Forces the right to vote here right away

Saskatchewan is overhauling election rules to allow soldiers coming from outside the province to immediately be able to vote in elections.

Justice Minister Gord Wyant says the Election Amendment Act will make Saskatchewan the first jurisdiction in Canada to provide special residence recognition to those in the Canadian Armed Forces.

Wyant says men and women in the military should be given the opportunity to take part in the democracy they work to protect.

"We feel that when military personnel are being moved across the country and perhaps disenfranchised in the province that they came from, that they have an ability to participate in the electoral process, so that's why we're doing it," Wyant said on Monday at the legislature in Regina.

Currently, someone has to have lived in Saskatchewan for at least six months before they can vote.

Active members of the military from Saskatchewan will also keep their Saskatchewan residency while serving outside the province.

"There'll be rules in place to ensure that they're not able to vote in two jurisdictions. But people from Saskatchewan who may otherwise be disenfranchised by moving out of Saskatchewan will still have the ability to vote in Saskatchewan," said Wyant. **THE CANADIAN PRESS**

Another year for Hopson

Jim Hopson, president and CEO of the Saskatchewan Roughriders, speaks to media on Monday at Mosaic Stadium in Regina after agreeing to a one-year contract extension with the CFL team. Hopson joined the Riders' front office in 2005, becoming the club's first CEO at that time. With him at the helm, the team has won the Grey Cup twice — including last November — and has played in the championship game four times. ROSS ROMANIUK/METRO

Technology. The doctor will see you now, via robot

Saskatchewan's Ministry of Health is pioneering a way to deliver services to remote communities with the help of robots.

A pilot project, recently launched in the First Nations community of Pelican Narrows, uses a robot that allows doctors in Saskatchewan's major centres to connect with patients in rural areas remotely.

"This technology is going to break the barriers of time and distance and save countless lives," said Dr. Ivar Mendez, team lead and head of the University of Saskatchewan's department of surgery. He spoke to reporters on Monday at Regina General Hospital.

With a laptop computer and high-resolution camera, physicians and specialists are able to control the RP-7i Robot.

The consulting doctors' faces appear on the robot's monitor, enabling them to diagnose patients as if they were in the same room.

The robot can perform tasks such as eye examinations and electrocardiograms, among others. Information gathered through it is sent to the doctor's laptop.

"Instead of patients waiting to come to Regina or Saskatoon ... before a diagnosis is made, doctors will see them in real time," Mendez said.

Pelican Narrows patients who need further care have to be transported to a hospital in Flin Flon, Man., a 90-minute drive away.

Due to limited ambulance services, patients sometimes have to travel by taxi or use their own vehicles, according to Dr. Veronica McKinney, director of Northern Medical Services, which has partnered with the province on the project.

The $250,000 project, funded by the province, will be fully operational in June.

"There are way too many lives that have been lost from lack of access," McKinney said, "and we want to make a change."

SARAH TAGUIAM/METRO

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TRANSIT TUESDAY

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On April 27, 2014, Saskatoon Transit will introduce its Summer Route Schedule. These support routes for the University are being removed during the summer months and service will resume September 1, 2014. Details of the changes are as follows:

From April 27 to September 1, 2014, the following routes will travel less frequently:
• Route 13 Lawson Heights
• Route 13 Broadway

From April 27 to September 1, 2014, the following route will be temporarily discontinued:
• Route 21 University

For more information, visit saskatoon.ca and click on "T" for transit or call 306-975-3100.

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'It's not just a building anymore. It's a spirit'

Lac-Mégantic. Quebec town plans to rebuild the Musi-Café, destroyed in 2013's train disaster, as partly a gathering place, partly a memorial

Musi-Café owner Yannick Gagné is rebuilding his popular bar in Lac-Mégantic 10 months after the deadly train explosion. On display will be the cash box containing money, keys and papers signed by a number of deceased employees that was recovered in mid-April from the site of the crash. COURTESY JACQUES DOSTIE

Time has passed in Lac-Mégantic, but the anxiety has not.

Ten months after the train disaster that killed 47 people in the eastern Quebec town, residents should be gearing up for a bustling tourist season.

Instead, they are still finding their feet after the tragedy and hoping that a construction project begun last week will return some spirit to a town that has known only ghosts since July 6, 2013, when a runaway train loaded with crude oil jumped the tracks and wiped out a swath of the downtown.

The project that is being unveiled Tuesday — the reconstruction of the Musi-Café, a popular local bar — is both emotional and practical.

Practical because the destruction of the rallying point for local revellers, karaoke singers and visiting musical acts has left Lac-Mégantic without a nightlife or place to celebrate moments of joy.

It is charged with emotion because the bar that was located next to the train tracks on the main downtown strip was where about 30 of the 47 victims were enjoying drinks, music and friends when the train flipped, caught fire and exploded.

Just a few things were recovered from the tragedy: a German beer sign, a few beer kegs, a metal drink shaker and a patio umbrella that had been stored in the bar's basement. But the most touching item bar owner Yannick Gagné now has in his possession is the charred steel box that held cash, coins, keys and deposit slips signed by staff, three of whom died that night.

It was thought to have been incinerated in the fires, but was discovered two months ago in debris around the town's former library, down the street from the Musi-Café's former site.

"They put it aside and when they opened it three weeks or one month later, they realized there was too much money for it to belong to the library and there were special objects inside like keys, because I always kept the keys inside," Gagné told Torstar News Service on Monday.

Charges filed

The Crown prosecutor's office in Quebec says three people and a train company will face criminal negligence charges stemming from the disaster.

- 47 counts of criminal negligence have been filed against Thomas Harding, Jean Demaitre and Richard Labrie as well as the Montreal, Maine and Atlantic Railway Ltd.

These items, along with some floor planks and tiles that survived the inferno, will make up part of a memorial that will adorn the new bar when it opens in August or September. It will honour all the townsfolk who died that morning, but especially the many whose last moments were inside the bar.

The new Musi-Café will be just 6,000 square feet of commercial space located at the end of Lac-Mégantic's relocated downtown strip, but it is nevertheless an "overwhelming project," said Marc Bovet, head of Bone Structure, the Quebec firm handling the construction.

"It's not just a building anymore," he said. "It's a spirit.

"Yannick has been designated, whether he wanted it or not ... as being the leader of rebuilding this community, and it doesn't all come with bricks and mortar."

TORSTAR NEWS SERVICE

UN report slams Canada's First Nations record

A vigil is held in Ottawa in March to call for a national inquiry into missing and murdered aboriginal women. SEAN KILPATRICK/THE CANADIAN PRESS

A UN rapporteur is at a loss to explain how a prosperous and sophisticated country like Canada has come to have on its hands a First Nations human-rights problem that has reached "crisis proportions."

James Anaya's report picks a fight with the federal government on several fronts — education, energy projects on reserves and missing or murdered aboriginal women, to name a few — and is sure to amplify tensions between Canada's First Nations and a federal government they so thoroughly distrust.

"It is difficult to reconcile Canada's well-developed legal framework and general prosperity with the human-rights problems faced by indigenous peoples in Canada that have reached crisis proportions in many respects," writes Anaya, the UN's special rapporteur on indigenous rights.

"Moreover, the relationship between the federal government and indigenous peoples is strained, perhaps even more so than when the previous special rapporteur visited Canada in 2003."

Aboriginal Affairs Minister Bernard Valcourt acknowledged more work needs to be done, but highlighted steps the government has taken to give First Nations access to housing, education and matrimonial rights.

"Our government is proud of the effective and incremental steps taken in partnership with aboriginal communities. We are committed to continuing to work with our partners to make significant progress in improving the lives of aboriginal people in Canada," Valcourt said in a statement.

THE CANADIAN PRESS

Boko Haram leader wants prisoner swap

Nigeria. Schoolgirls won't be released until detained fighters are freed: Extremist

A Nigerian Islamic extremist leader says nearly 300 abducted schoolgirls will not be seen again until the government frees his detained fighters.

A new video from Nigeria's Boko Haram terrorist network received Monday purports to show some of the girls and young women chanting Quranic verses in Arabic. The barefoot girls look frightened and sad and sit huddled together wearing grey Muslim veils. Some Christians among them say they have converted to Islam.

It is the first video evidence of the girls and young women since more than 300 were kidnapped from a northeastern school on April 15.

"I swear to almighty Allah you will not see them again until you release our people that you have captured," leader Abubakar Shekau says as he cradles an assault rifle in the video.

It is not known how many suspected Boko Haram members are detained by security forces. Hundreds were killed by soldiers last month when Shekau's fighters stormed the military's main northeastern barracks in Maiduguri city, the birthplace of Boko Haram.

In Chibok, the town from which they were stolen, parents were turning on a generator, hoping they could watch the video and identify their daughters, said one of the town's civil leaders, Pogu Bitrus.

Fifty-three schoolgirls have escaped by themselves and 276 are missing, police say.

THE ASSOCIATED PRESS

This photo, taken from video released by the Boko Haram terrorist network Monday, purportedly shows the missing Nigerian schoolgirls. THE ASSOCIATED PRESS

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9-11 memories cast in stone

South King Co. Fire and Rescue officials salute Monday next to a piece of limestone that was part of the building at the Pentagon before it was destroyed in the 9-11 terrorist attacks. The stone, along with a beam from the World Trade Center and a rock from the field where United Flight 93 crashed, will be part of a memorial dedicated this year on Sept. 11 in Federal Way, Wash.

THE ASSOCIATED PRESS

Lampedusa, Italy

At least 14 migrants dead after boat sinks

A boat crowded with migrants sank Monday in the Mediterranean just beyond Libya's territorial waters, leaving at least 14 people dead, said the Italian navy, which helped rescue more than 200 survivors. Nationalities of the survivors and dead hadn't yet been determined. THE ASSOCIATED PRESS

Human rights court

Turkey ordered to pay Cyprus $123M

Europe's top human rights court in its largest ever judgment ordered Turkey on Monday to pay $123 million to Cyprus for its 1974 invasion and the island's subsequent division.

The decision from the European Court of Human Rights said that Turkey must pay damages to relatives of those missing in the operations and "the enclaved Greek-Cypriot residents of the Karpas peninsula."

Hundreds of Greek Cypriots still live in the Karpas peninsula in the northernmost tip of the breakaway Turkish Cypriot part of the island.

Cyprus has been divided since Turkey invaded in 1974 after a coup by supporters of union with Greece. Only Turkey recognizes the breakaway Turkish Cypriot state proclaimed in the north of the island.

THE ASSOCIATED PRESS

Wurst-case scenario for many conservative Eurovision fans

Drag queen. European opinion divided after Austrian victory at music competition

Singer Conchita Wurst representing Austria performs the song Rise Like a Phoenix during the final of the Eurovision Song Contest in the B&W Halls in Copenhagen, Denmark, on Saturday. Wurst won the competition. FRANK AUGSTEIN/THE ASSOCIATED PRESS

It's the beard that divided a continent. The victory of whiskered drag queen Conchita Wurst in the Eurovision Song Contest had celebrities from Nigella Lawson to Russell Brand posting bearded selfies on the Internet in tribute — and Russian men snapping clean-shaven pictures in protest.

For millions of viewers, the annual Eurovision show is a cheesy music competition renowned for its camp, kitsch and electro beats. But the nation-based contest is also a potent mix of patriotism and politics in bubblegum wrapping.

Wurst's win has exposed a divide between Europe's progressives and conservatives that British tabloid The Sun cheekily described Monday as the "Furred World War."

The statuesque brunette with the soaring voice of a diva and a full dark beard called her first-place finish in Saturday's contest a victory for tolerance and respect. Austrian President Heinz Fischer said it was "not just a victory for Austria, but above all for diversity and tolerance in Europe."

But Russian Deputy Prime Minister Dmitry Rogozin tweeted that Eurovision had shown the true face of European integration: "a bearded girl." On social media, a variety of Russian men posted shaving-foam selfies alongside slogans such as "Get shaved, don't be like a woman!"

Pro-Kremlin legislator Olga Batalina — deputy head of the family and maternity issues committee of the lower house of Russia's parliament — said Wurst's victory showed "it's not enough to have a talent and a good voice to win Eurovision; you also need to reject your nature, identity and traditions." She chalked the win up to "aggressive and persistent" gay propaganda.

That may sound like a lot of rhetoric over a talent show but Eurovision has always been more than a simple singing contest. Founded in 1956, the competition pits European nations against one another in pursuit of pop music glory.

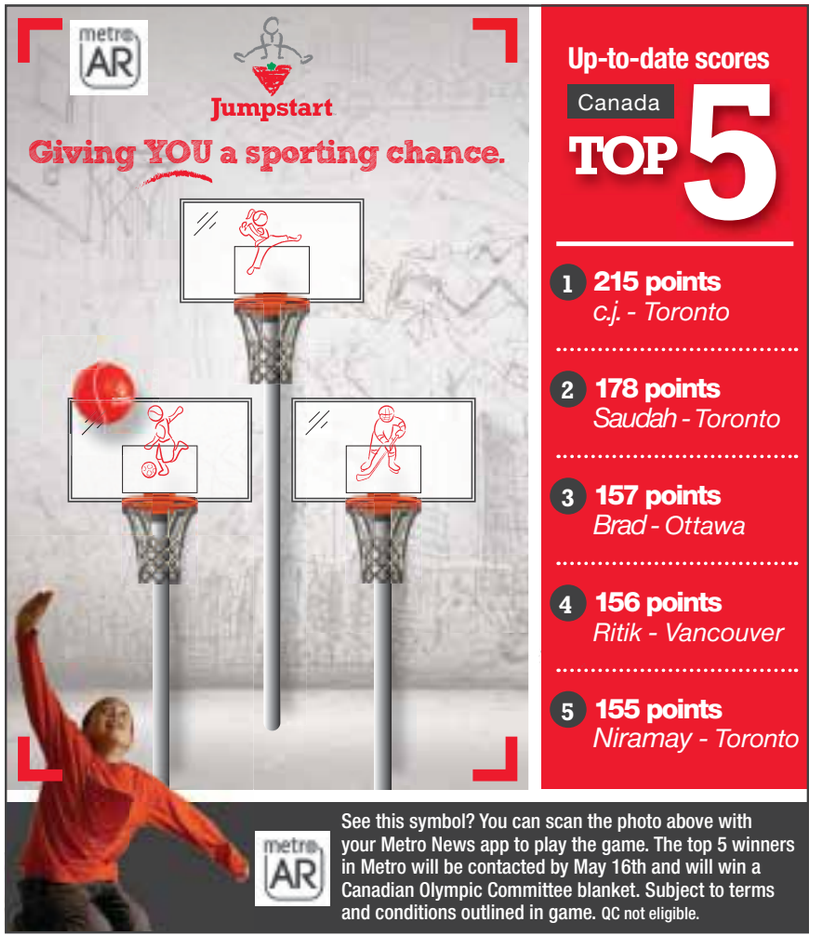
But it is more generally loved, and mocked, for its parade of cheesy tunes from quirky performers. The live telecast is watched by some 180 million people and has a particularly strong gay following. It also faces perennial accusations of regional block-voting and geopolitical games.

THE ASSOCIATED PRESS

Not just a song contest

Politics, both personal and international, has often intruded on Eurovision.

- Transsexual Israeli singer Dana International sparked protests by ultra-Orthodox Jews in her homeland in 1998 but went on to win.
- Georgia pulled out in 2009 after its song We Don't Wanna Put In — a dig at Russian leader Vladimir Putin — was judged excessively political.



Up-to-date scores

Canada TOP 5

1. 215 points *c.j. - Toronto*
2. 178 points *Saudah - Toronto*
3. 157 points *Brad - Ottawa*
4. 156 points *Ritik - Vancouver*
5. 155 points *Niramay - Toronto*

metro AR

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

East Ukraine: Autonomy declared by pro-Russians

People celebrating the declaration of independence for Donetsk region on Monday in Ukraine. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

Pro-Moscow insurgents in eastern Ukraine declared independence Monday and sought to join Russia, undermining Ukraine's May 25 presidential election, strengthening the Kremlin's hand and putting pressure on Kyiv to hold talks with the separatists.

Russia signalled it has no intention of subsuming eastern Ukraine the way it annexed Crimea in March. Instead, Moscow is pushing to include eastern regions in negotiations on Ukraine's future — suggesting that Russia prefers a political, not military, solution to its worst standoff with the West since the Cold War.

Such talks are central to a potential path toward peace outlined Monday by the Organization for Security and Cooperation in Europe. The plan laid out by Swiss President Didier Burkhalter calls on all sides to refrain from violence and urges immediate amnesty, talks on decentralization and the status of the Russian language.

That's a key complaint of the armed insurgents who have seized power in eastern regions and clashed with government troops and police. But it's up to the Ukrainian government to take the next step.

Acting Prime Minister Arseniy Yatsenyuk pledged Monday to hold talks with those in Ukraine's east. But he gave no specifics and did not address Sunday's vote or the declarations of independence by the Donetsk and Luhansk regions.

With a national presidential election scheduled in 13 days, the regions of Donetsk and Luhansk declared independence Monday, and those in Donetsk even asked to join neighbouring Russia. The sprawling areas along Russia's border, home to about 6.6 million people, form Ukraine's industrial heartland.

The interim government in Kyiv had been hoping the presidential vote would unify the country behind a new, democratically chosen leadership. Ukraine's crisis could grow worse if regions start rejecting the presidential vote. Dozens have been reported killed since Ukrainian forces began trying to retake some eastern cities.

THE ASSOCIATED PRESS

An outreach worker at Boom Health centre packages condoms for distribution to sex-trade workers in Bronx, N.Y. BEBETO MATTHEWS/THE ASSOCIATED PRESS FILE

Condoms not to be used in prostitution cases: NYPD

New policy. Police don't want to give condoms a bad rap while fighting crime

The New York Police Department will no longer confiscate unused condoms from suspected sex workers to be used as evidence of prostitution, ending a long-standing practice that had been criticized by civil rights groups for undermining efforts to combat AIDS and other sexually transmitted infections.

Under the new policy announced Monday, officers may continue to seize condoms as evidence in sex-trafficking and promotion of prostitution cases, but they will not use them in support of prostitution cases. Critics had said the previous policy amounted to police harassment.

"The NYPD heard from community health advocates and took a serious look at making changes to our current policy as it relates to our broader public safety mission," Police Commissioner William Bratton said.

For decades, police in New York and elsewhere had confiscated condoms from sex work suspects ostensibly for them to be used as evidence in criminal trials.

"A policy that inhibits people from safe sex is a mistake and dangerous," Mayor Bill de Blasio said Monday. "And there are a number of ways you can go about putting together evidence" without condoms, he said.

Civil rights groups and advocates for sex workers and gay, lesbian and transgender young people commended the department's new policy, but want a ban on the use of condoms as evidence in sex trafficking and promotion of prostitution cases too.

A 2010 study by the city's Department of Health surveyed more than 60 sex workers and found that more than half had condoms confiscated by police. Nearly a third said they had at times not carried condoms because they feared getting into trouble.

Two years later, the group Human Rights Watch interviewed 197 sex workers in New York, Washington, Los Angeles and San Francisco and found that many limited the number of condoms they carried or went without because they feared police attention.

The report concluded that transgender teens, street-level sex workers and immigrants were especially targeted because of their appearance or behaviour.

Measures to abolish the practice across New York state have been introduced in the legislature for nearly two decades and last year passed the assembly. Similar legislation has been introduced in California. THE ASSOCIATED PRESS

Psychiatrist: Anxiety disorder may have led to Oscar Pistorius's killing girlfriend

Oscar Pistorius has an anxiety disorder that may have contributed to the fatal shooting of his girlfriend, an expert testified at his murder trial Monday, prompting the chief prosecutor to say the double-amputee Olympian should be placed under psychiatric observation.

The judge has not yet ruled on prosecutor Gerrie Nel's application that the court considers a period of mental evaluation for the runner.

Dr. Merryll Vorster, a psychiatrist called by the defence, testified that a series of events in Pistorius's turbulent life, including the amputation of his lower legs as a baby, his parents' divorce, his late mother's habit of sleeping with a gun under her pillow and his own fear of violent crime contributed to his "increasing stress."

Vorster said Pistorius's anxiety and his physical disability may have caused him to act differently from other people when he shot four times through a toilet stall door, killing girlfriend Reeva Steenkamp. Pistorius, 27, claims he mistook Steenkamp for an intruder, but prosecutors say he killed her after an argument and shot in anger, not fear.

Pistorius's chief lawyer Barry Roux said at the start of defence-led testimony that the double amputee's vulnerability and disability was at the centre of his case. But prosecutor Nel questioned whether Pistorius was merely trying one of a number of defences for shooting his girlfriend. THE ASSOCIATED PRESS

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Ads. Frozen food makers hope to warm consumers up to products with campaign

Frozen food makers planned to launch their first national TV ad in the U.S. in defence of their products on Tuesday as in a fight to boost slipping sales.

The ad will include the tag line "Frozen: How Fresh Stays Fresh," and is intended to address negative misconceptions people have about frozen foods.

The push comes as frozen food sales have been hurt by consumers moving to food they feel is fresh or natural.

The push is being funded by companies including General Mills, H.J. Heinz, Jasper Wyman & Son, Kellogg, Lakeside Foods, the Schwan Food Co. and Seneca Foods.

Although frozen vegetables are often touted as being just as wholesome as their fresh counterparts, frozen meals and snacks are widely seen as being full of sodium and preservatives, or lacking in the taste department.

Between 2009 and last year, U.S. sales of frozen meals are down three per cent at $8.92 billion, according to Euromonitor International. And this year, the market researcher is forecasting a decline of an additional two per cent.

Shoppers are giving frozen food the cold shoulder these days. DAVID MCNEW/GETTY IMAGES

In the 30-second commercial set to run on cable and network TV on Tuesday, a voiceover states that "freezing is nature's pause button." It also asks viewers to take a "fresh look at frozen," as images of appealing foods that were apparently once frozen are shown. THE ASSOCIATED PRESS

Prosthetic hands get a modern update

DEKA Arm System.

The latest twist on the 1912 invention lets amputees open envelopes, pick up eggs

Modern life is quickly becoming stranger, and for amputees, *better* than science fiction.

Take the revolutionary new prosthetic limb that looks, and is, completely cutting edge.

The limb is called the DEKA Arm System — and it was developed in New Hampshire by serial inventor/genius Dean Kamen and his team. The thing even has fingernails.

Technology for prosthetic hands hasn't had too many radical advances. Until now, most have been variations on the theme of the 1912 invention of the clasping hook prosthetic.

The DEKA represents a mind-boggling advancement.

Wireless sensors placed under the foot of the user allow them to control six different grips. And that means, as you'll see in the demonstration (scan the Metro AR photo to see), that a user with one hand can now perform previously difficult tasks like opening an envelope.

The impetus for the invention was a DARPA (Defense Advanced Research Projects Agency) initiative called The Revolutionizing Prosthetics Program. Its goal is "so service members with arm loss may one day have the option of choosing to return to duty. Additionally, the dexterous hand capabilities developed under the program have already been applied to small robotic systems used in manipulating unexploded ordnance, thus keeping soldiers out of situations that have led to limb loss."

The new system has just been approved by the U.S. Food and Drug Administration, meaning that it can be manufactured, sold. It's powerful enough to hold a hand drill, while sensitive enough to allow a user to pick up items as delicate as eggs. TORSTAR NEWS SERVICE

See that symbol? It means you can scan the photo below with your Metro News app to watch a video of a man opening an envelope using a new robotic hand

In this video screenshot, Fred Downs shows how he can use different grips on the DEKA Arm System to open and handle mail. The U.S. Food and Drug Administration approved the system for commercialization last week. SCREENGRAB

McDonald's fries

Want seasoning with that?

McDonald's in the U.S. has imported a popular concept from its franchise cousins in Asia that will allow customers to punch up their fries with different seasonings.

After debuting in Hong Kong in 2005, the first Shakin' Flavor Fries has hit restaurants in Northern California. Customers can season their fries with flavours like garlic parmesan, spicy buffalo or zesty ranch. THE ASSOCIATED PRESS

Malaysian crash

UN set to suggest aviation changes

Spurred by the crash of a Malaysian airliner in March, the International Civil Aviation Organization held a special meeting Monday to look at the global tracking of airline flights.

The UN agency that governs civil aviation was expected to come up with a number of recommendations by the end of its meeting on Tuesday, when a news conference is scheduled. THE CANADIAN PRESS

Rogers came in last

Fastest Internet in Canada? Bell, says Netflix study

Bell is first and Rogers ranks last in Netflix's first Canadian comparison of connection speeds. Users accessing Netflix through Bell's fibre optic network in April had an average speed of 3.19 megabits per second, while Rogers' average speed was just 1.67 Mbps, according to the streaming company. THE CANADIAN PRESS

Market Minute

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Under the provision of *The Alcohol and Gaming Regulations Act, 1997* Notice is hereby given that **Stoon Lease Co. Ltd.** has applied to the Liquor and Gaming Authority for a **Restaurant Permit** to sell alcohol in premises known as **Hilton Garden Inn Saskatoon – Garden Cafe** at **90 22nd Street E, Saskatoon SK** of which the following is a correct legal description:

Lot 1 Blk/Par 163 No. 73S26357
Est 1, 90 22nd Street E, Saskatoon, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

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ME TARZAN, YOU BREADWINNER

SHE SAYS

Jessica Napier
metronews.ca

Earlier this month, Fox News hosted a discussion about whether it's problematic for a woman to make more money than her husband. Apparently, segment host Clayton Morris believes female breadwinners are causing serious martial issues among heterosexual couples.

"Isn't there some sort of biological, innate need for men to be the caveman?" he asked a panel of guests.

A genuinely concerned Morris then went on to argue that men should be responsible for "going out and bringing home the dinner" and it is emasculating for a husband to be out-earned by his wife.

I understand that no one has ever accused the talking heads at Fox of being overly feminist, but this news segment seemed particularly chauvinistic, even for them.

It's hard to believe that people are still clinging to these outdated gender roles. Hosting a televised debate about how "Alpha women" are undermining their husbands and contributing to some sort of imagined societal breakdown seems like something that might have happened in 1954, not 2014.

Are we really supposed to believe that modern men are so fragile and insecure? A 2013 Pew Research Study found that almost a quarter of married mothers in the U.S. earn more than their husbands, which means there must be a lot of bruised male egos out there, according to Morris's caveman logic.

In my opinion, women who are the primary income earners in a relationship are about as "problematic" as husbands who change diapers or do the laundry.

Children are incredibly draining on all of your resources — time, energy and definitely money — and nobody should be criticized for contributing to the family finances.

A man's self-esteem might be closely linked to his career, but so is mine.

The women I know are far more likely to find self-fulfillment by succeeding in a lucrative career than perfecting their ability to bake a cake or be a "good wife" in the traditional, Fox News kind of way.

Raising a family is a joint effort. Married partners are playing on the same team, and men and women shouldn't be competing over their paycheques.

There are so many different types of households, and expecting the partner with the most testosterone to fulfil the role of "provider" at all times is a completely archaic notion.

Female breadwinners aren't an issue; sexist news anchors who broadcast their patriarchal opinions and disapprove of women with high-paying jobs are the real problem in this scenario.

Men should be proud to be coupled up with a successful partner, not worrying about how their wife's salary impacts their own masculine identity.

Follow Jessica Napier on Twitter @MetroSheSays

WE ACT:
CANADA DOES GOOD

Stories from hospital hallways

Each month, we profile a Canadian who's up to a whole lot of good. Here's one we'd like you to meet:

Who: Jackie Kinder, community volunteer with Childcan, London.
What: Fundraising and organizing community events to help support the families of young people diagnosed with cancer.
Why: To provide the families with the financial and community support they need to focus on their children.

Jackie met 14-year-old Stephanie Simmons, a three-time brain-tumour survivor, when she began volunteering with Childcan. "She's my hero," says Jackie. "Knowing what she went through and knowing that through it all she was so brave, so concerned with helping other children, that's what hooked me." Since then, Jackie has taken a leading role fundraising for Childcan, participating in the Inside Ride cycling event and the National Day of Action for kids with cancer at the CN Tower.

Jackie Kinder, right, with Stephanie Simmons, a three-time brain tumour survivor. CONTRIBUTED

What motivated you to get involved with families dealing with childhood cancer?
"You don't leave a child alone in the hospital — you're there for the long haul, and it's incredibly demanding on the family. When families come into the hospital, Childcan has people there right away to offer support. We bring them into the Childcan family, and I fundraise to help with gas, cafeteria vouchers, parking and credit-card bills. The financial hardships are major — but help is always there."

You've spent your life working with young people, first as a teacher and now as a volunteer. What advice do you have for them?
"Take the time to find and develop your passion for a cause. I've met some wonderful volunteers, and they are all happier for the work they do. They've learned that happiness doesn't mean all that you own — it's about giving back to other people. It's something I learned from Stephanie: it's the feeling you get doing something worthwhile for other people in your community that keeps us going."

CRAIG AND MARC KIELBURGER

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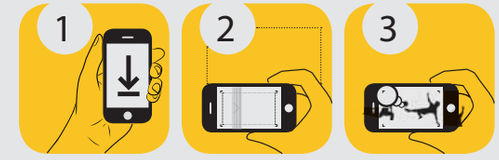

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In this issue, you can find AR enhancements on page 8 in Business, page 10 in Scene and page 22 in Sports.

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MetroTube

How to blast a tune

ANDREW FIFIELD
metronews.ca

Every year, the city of Hamburg celebrates its harbour's birthday with a massive bash along the Elbe. Drawing more than one million people, the harbour party features vessel parades, something called a tugboat ballet and the much more humble-sounding dragon boat race.

But this is a party, after all. And what party is complete without music? Enter the enormous cruise ship MSC Magnifica — launched from this very harbour in 2010 — and its bone-rattling, horn-fired rendition of Seven Nation Army.

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See that symbol? It means you can scan the photo below with your Metro News app. St. Vincent performs Lithium at the Rock And Roll Hall Of Fame induction ceremony for Nirvana

SCENE 2

St. Vincent wants all of your mind this summer

Indie musical landscape. Singer Annie Clark comes into her own, creating a live show unlike any other St. Vincent concert

PAT HEALY
Metro World News in Boston

St. Vincent performs at the Rock and Roll Hall of Fame Induction Ceremony for Nirvana. LARRY BUSACCA/GETTY IMAGES

Just because St. Vincent's summer itinerary is packed with more than a dozen festival dates on four continents doesn't mean that Annie Clark is scaling back the theatrics of the St. Vincent concert experience.

The singer and guitarist will still force herself down a giant set of pink stairs, writhe around against a storm of strobe lights and eventually command the procession, purposefully poised like a cross, from an oversized pink throne.

"We've worked really hard on this strange fever dream of a show, bringing it to life," says Clark, "so it's important that people get the whole experience, even if it's at a festival."

That "strange fever dream of a show," along with the self-titled fifth St. Vincent album, may be the most definitive statement from any artist this year. From Clark's fat guitar leads to her strange and simple lyrics — any of which can Wbe pulled out to illustrate what St. Vincent is all about in 2014 — it feels like the artist has truly discovered her identity.

"I'll always be evolving and be restless and wanting to move violently into the future," says Clark of arriving at something that could be considered iconic, "but I was reading Miles Davis's autobiography and it was saying how the hardest thing about being a musician is to sound like yourself. I can hear one note of Miles or Coltrane and know that it's them and it's the world that they have painstakingly created to be unmistakable. I just thought that this record for me was something where I had successfully created a landscape that was my own."

This landscape includes Clark's stylized lavender/gray old lady hair, of which she says: "Everyone is really obsessed with being young and youth culture and this sort of erroneous idea that things are the best when you are young, and I am young, but I wanted to see what it would look like to go in the opposite direction." And this landscape also includes conscious choreography in the live show, the likes of which hasn't been seen on a St. Vincent tour before. Clark says she was inspired by doing an album and tour with David Byrne, whose live show included an eight-piece brass band moving around the stage and creating what Clark says was "this whole other level of drama and whimsy and symbolic subconscious meaning that the audience can pick up on."

"I wanted to create a real experience for people, especially in this day and age where we are kind of obsessed with capturing moments at the expense of living them," she says. "I wanted to encourage people as much as possible to be present and be so engrossed in the show that they are not tempted to check their text messages."

SNL musical guest

St. Vincent will be the musical guest on the season finale of Saturday Night Live this weekend.

DVD review

Her

Director. Spike Jonze

Stars. Joaquin Phoenix, Scarlett Johansson

●●●●○

Most sci-fi films make a human/machine love connection seem perverse or at least far out, yet Spike Jonze's Her treats it as a mild novelty.

Set about five years in the future in techno-fabulous L.A., it's nominally a simple sci-fi romance of a man, played by Joaquin Phoenix, falling in love with a machine, voiced by Scarlett Johansson.

There's much more going on than this, of course, as you'd expect from the director who brought us the layered head-spinners Being John Malkovich, Adaptation and Where the Wild Things Are. The film's subliminal message is that the human touch is in danger of being replaced with an "on" switch.

Phoenix and Johansson make for a completely convincing couple. Jonzesidesteps sniggers, shivers and convention, putting in plot twiststhat are at once shocking and completely logical.

He's really interested in the difficulty of making and maintaining emotional and intellectual ties, no matter whether the heart is made of flesh or silicon.

Extras include several making-of featurettes.

PETER HOWELL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Community doesn't make the cut for a sixth season

MELINDA TAUB
Metro World News

Community's cast of comedians. HANDOUT

The drama behind the scenes on beleaguered NBC sitcom Community was always nearly as compelling as the jokes onscreen. Perennially low-rated, Community faced cancellation every year for its five seasons. Now the scrappy little show that could finally can't: NBC gave it the axe last week.

The show's obsessive fans won't give up at such a minor setback, however. Fans have already begun petitioning production company Sony to shop Community to other networks.

But the plan won't work unless the most important fan of all, creator/showrunner Dan Harmon, is onboard, and he sounds decidedly unenthused.

"[W]hen Sony called me on Friday with the news, there was brief discussion at the end of the call about the concept of the show living elsewhere, and I was definitely in the 'eh' column," he writes on his blog.

"For a million reasons, some selfish, some creative, one logistic, five sexual, three racist (in a good way) and, oddly, nine isometric."

Ben's gambling Garners negative attention from Jennifer

Ben Affleck is developing quite a reputation in Las Vegas, with several casinos accusing the Argo star of card counting — and his wife, Jennifer Garner, is less than thrilled, according to Star magazine. "Jen demanded to go to Vegas with Ben because she doesn't trust him, and he felt like he had no choice but to take her," a source says of the couple's visit last month that didn't end well for Affleck. "But after their dinners there each night, she would go back to their suite while Ben would stay out all night playing cards, betting thousands of dollars at a time. It makes Jen so mad, but once Ben starts gambling he can't stop." Until the casino intervenes, at least. And the source claims that when Affleck was busted by the Hard Rock Hotel & Casino, Garner was by his side: "She looked totally bored and annoyed," the source says.

Solange Knowles GETTY IMAGES

She may be young, but she's ready to throw down

In an exclusive video from TMZ.com, you can see Beyoncé's sister, Solange Knowles, viciously attacking Jay-Z in an elevator after the Met Ball. A man who appears to be Jay Z's bodyguard holds the swinging and kicking Knowles back, but she makes contact with the Hova at least three times. For her part, Beyoncé just kind of stands there.

The video was taken by a surveillance camera in the elevator of the Standard Hotel after the big gala on May 4th during an after party. As TMZ.com points out, the bodyguard stops the elevator at one point, probably in hopes of keeping this private affair private.

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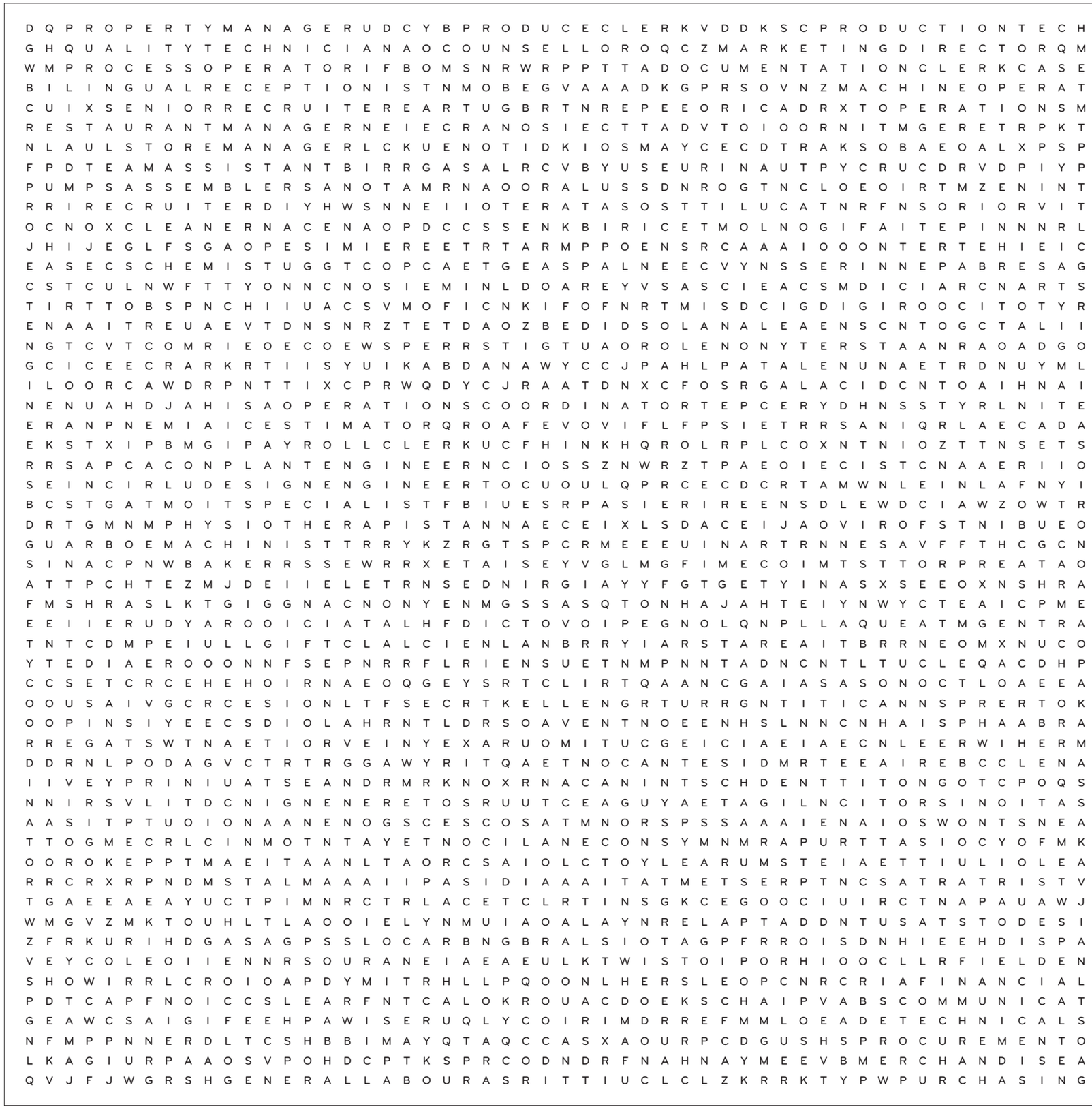
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Accountant
Accounting Administrator
Accounting Analyst
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Data Entry
Deli Associate
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Financial Analyst
Financial Controller
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General Labour
Geologist
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Maintenance Mechanic
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Manager
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Mechanical Engineer
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Merchandise Associate
Millwright
Mortgage Specialist
Network Administrator
Network Analyst
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Plant Manager
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Power Engineer
Pricing Analyst
Process Operator
Procurement Manager
Procurement Officer
Procurement Specialist
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Production Technician
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Program Coordinator
Project Accountant
Project Administrator
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Project Engineer
Property Administrator
Property Manager
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Purchaser
Purchasing Analyst
Purchasing Clerk
QA Analyst
Quality Engineer
Quality Manager
Quality Specialist
Quality Technician
Receiving Associate
Reception
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Recruitment Consultant
Recruitment Coordinator
Regional Manager
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Research Analyst
Research Associate
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Sales Analyst
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Looks can be deceiving — even when it comes to boredom

Why do we get bored?
One professor weighs in

KIERON MONKS
Metro World News in New York City

Researchers believe there are five types of boredom. ISTOCK

You might think it's your fault you're dozing off in a classroom or office, but that's not always the case.

There are clear categories of boredom triggered by one's environment, says pioneering researcher Dr. Thomas Goetz from the University of Konstanz in Germany (see sidebar).

What is the most common misconception about boredom?
It's important to recognize the different types, and clearly define the differences.

You say apathetic boredom is the worst — how bad can it get?
The problem is that it makes every experience negative and the potential for arousal is low. You can't do anything against this state and it can become a big problem related to depression.

What puts us at risk?
Some people tend to a specific state but only to a small degree; each experience is based on situations. It's important that people recognize the forms. Often the problem is a lack of freedom, such as at school. Teachers should be aware and try to find individualized methods that give students choice.

Is there a risk that teaching boredom could cause more boredom?
There is an argument from anxiety research that awareness increases the problem, but in this case it is about knowing and realizing, and this goes hand in hand with resolving it.

What follow-up research is needed?
We didn't measure the effects. We need diagnostic instruments to show the experiences of boredom.

Types of boredom

Here are the various categories.

- **Indifferent boredom.** A relaxing, possibly positive type – "a general indifference to, and withdrawal from, the external world."
- **Calibrating boredom.** Wandering thoughts — "general openness to behaviours aimed at changing the situation."
- **Searching boredom.** "Actively seeking out specific ways of minimizing feelings of boredom."
- **Reactant boredom.** Causes sufferers "to leave the boredom-inducing situation and avoid those responsible for this situation (e.g., teachers)."
- **Apathetic boredom.** Impossible to break from this mode – "dangerous, similar to depression."

Jesus on toast, Elvis on potato chips?

There are well-publicized examples of people reportedly discovering famous faces on everyday objects, from the visage of Jesus on a sandwich to the Elvis Presley on a potato chip.

Toronto researchers have found that "face pareidolia," where onlookers report seeing well-known countenances in bread, smoke or rock formations, is normal and based on how the brain interprets and makes sense of visual stimuli.

"Our findings suggest that it's common for people to see non-existent features because human brains are uniquely wired to recognize faces," said lead researcher Kang Lee, a developmental neuroscientist at the University of Toronto, of the study published in the journal Cortex. "So that even when there's only a slight suggestion of facial features, the brain automatically interprets it as a face."

To conduct the study, researchers had 20 participants, aged 18 to 25, look at a series of "noise-making" images, so-called because they contain no discernible shapes. However, participants were deliberately misled, Lee said.

In one experiment, subjects were told that half the images contained faces. For a second test, they were told half the images contained a letter. In about 35 per cent of cases, those viewing the images reported seeing a face or a letter where none existed. Turns out their brains, at least, do appear to be "seeing" something recognizable.

Using a technique called functional MRI to perform brain scans, researchers found certain areas involved in either face or letter recognition "lit up" when participants discerned what they thought was a face. That didn't occur only in the visual cortex at the back of the brain, but also in a particular area of the frontal cortex that's been implicated in face-processing.

Typically it was thought that when visual information is perceived by the retina, it is projected to the visual cortex at the back of the brain, then sent forward to the frontal lobe to be interpreted, he said.

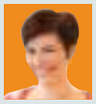
"Now our evidence is suggesting that the information is actually going backwards, so the frontal brain sends it back to the visual cortex to heighten sensitivity to things we want to see, such as faces."

Seeing famous faces in objects is called "face pareidolia." FLICKR

THE CANADIAN PRESS

Health Solutions

Mary had a little lamb



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Mary had a little lamb, because the meat is moist and rich and satisfying, and a little lamb is all you need. Bahaha. OK, that's enough.

Delicious lamb is raised in Canada and is generally a local, grass-fed food.

That said, if you don't check the label, you are more than likely enjoying an imported product from New Zealand.

Lamb leg or rump can be a little higher in fat and calories but it has all of the benefits of other animal meats like protein, B12 and zinc.

Lamb chops are generally a quick-cooking, leaner option and a nice change.

There is a slightly gamey flavour to lamb that can be an acquired taste but chops are generally milder. For newbies, sweet flavours like mint or raspberry are great compliments to minimize the grassiness.

The trick for cooking lamb chops is to be sure to preheat the grill to a very high heat but to only cook each chop for three or four minutes per side.

The protein is delicate and the meat is thin, so chops don't need much attention to be tender and delicious.

Let the chops rest for a few minutes before serving so that all of the juices remain within the meat.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lamb gets R & R courtesy of raspberry and rosemary

Grilling Week. Day 2 of our week-long backyard bites series offers up a unique way to present a casual dish

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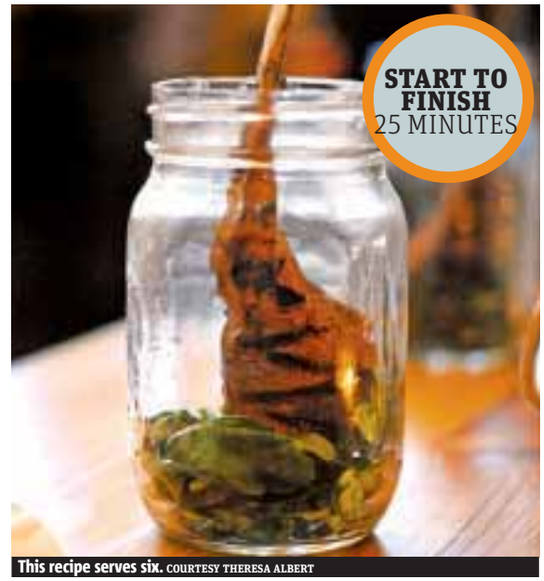

This recipe serves six. COURTESY THERESA ALBERT

Ingredients

- 3 tbsp raspberry vinegar
- 1 tbsp Dijon mustard
- 1 tbsp soy sauce
- 2 tsp fresh rosemary (minced) or 1/2 tsp dried
- 2 tbsp olive oil
- 1 clove garlic, minced
- 1/4 cup water
- 12 cups mixed greens
- 8 lamb chops

1. In large shallow dish, whisk vinegar, mustard, soy sauce, rosemary, oil and garlic. Spoon half into a bowl and thin with water to make dressing.

2. Add lamb chop in single layer, turning to coat well. Cover and marinate on counter for 10-20 minutes or up to 24 hours covered in fridge, turning occasionally.

3. Discarding marinade, place chops on greased grill over medium-high heat; cook for about 5 minutes per side for medium rare or to desired doneness. Let rest or place into jars as below immediately to keep moist and warm.

4. For an interesting presentation, place salad greens in mason jars and drizzle dressing. THERESA ALBERT @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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PROS, CONS OF SUMMER CLASSES

After this year's especially long and cold winter, spending more time in libraries and study halls is hardly top of mind for the average Canadian university or college student.

Yet, this spring, thousands of studious post-secondary scholars are hitting the books for summer classes.

While there are definite arguments in favour, summertime studies are not for everyone. Weighing the benefits — along with the detriments — can help make the choice a well-educated one for those on-the-fence fair-weather students.

Students opt for summer school for a host of motives — retaking a failed class, getting ahead in a degree program, completing a prerequisite, or simply lightening the course load for the regular school year.

Because summer courses tend to be smaller there are often fewer students, meaning more one-on-one attention from a teacher.

Though it depends on the school, summer courses are usually concentrated into several weeks of intensive instruction, which has its own pros and cons.

"It's like working a full-time job," says Katherine Connolly, who worked for two years in the registrar's office at the University of King's College in Halifax, N.S. "You have to be able to focus and be disciplined."

The condensed format also mean deadlines — whether for assignments or drop dates — pass quickly.

SHUTTERSTOCK

"Two weeks in if you realize that you're not going to do well , and that maybe this course isn't for you, you're sort of stuck."

But the limited time frame also means students are free to invest more time and energy into a single subject without the distraction of other classes.

"I liked just doing the one condensed course because you're learning everything about that one specific topic rather than spreading out your attention over five different subjects" says Kira Beukeboom, a biology student at the University of Victoria currently completing a summer field study course in environmental restoration.

Beukeboom also says the learning environment as more laid back.

"(You're) not in the midst of a full-on semester. Even the teachers are more relaxed."

There is plenty to ponder when saying yay or nay to summer studies. Either way, it's worth doing some homework to make sure the decision is a well-educated one.

– Geordon Omand

CONSIDER THESE QUESTIONS

Some questions to ask when considering summer school:

- How will grades from summer courses affect my GPA?
- Does my financial aid cover the summer session?
- Do the graduate/professional programs I'm interested in consider whether I take a full course load during the regular school year?
- Can I still make enough money during the remainder of the summer to support myself for the year?

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Understand who you are as a student

U of Saskatchewan Aboriginal Student Achievement Program

University of Saskatchewan student Jacquelyne Nokusis holds a number of things close to her heart — her family, her culture as an Aboriginal woman, and getting a university education, like her mother.

So when she decided to pursue her post-secondary education at the University of Saskatchewan, she was referred to the Aboriginal Student Achievement Program (ASAP) by the education co-ordinator from her reserve of Peepeekisis First Nations.

"ASAP helped me understand who I am as a student — what I appreciate, how I learn, how to study, how to build and maintain relationships with educators," says Nokusis, a second-year arts and science student.

ASAP is a new program for first-year Aboriginal students in the College of Arts and Science.

The College of Arts and Science at the U of S is home to more than 800 Aboriginal students and ASAP helps to support these students as a whole person — academically, financially, personally, socially and culturally.

CONTRIBUTED

Since enrolling in the program, Nokusis says she feels closer to her Aboriginal identity because the program nurtured that identity while she works towards a career in the health-care field.

"The program allowed me to feel comfortable at the university and feeling comfortable is vital for learning," Nokusis says.

For more information, visit artsandscience.usask.ca/students/aboriginal/.

metro
GOLF GUIDE
Tuesday, May 13, 2014

A total of 65 Canadian courses are fully certified members of the Audubon Co-operative Sanctuary System, with hundreds more working towards certification. SHUTTERSTOCK

Going green on the greens

Environment. More golf courses are embracing initiatives for wildlife and habitat management

BRIAN KENDALL
For Metro

Once ranked alongside the razing of rainforests as an ecologically hostile activity, golf has embraced the green movement with the zeal of the converted.

A total of 65 Canadian courses are fully certified members of the Audubon Co-operative Sanctuary System, with hundreds more working towards certification. The international program sets targets in a variety of areas, from wildlife and habitat management to water conservation and quality control.

And then there are the courses that go even further by making their green initiatives all part of the fun and attraction of playing them.

Dean Piller, the superintendent at Victoria's Cordova Bay Golf Course, conducts birdwatching tours twice a year, having worked hard to attract an astonishing variety of land and sea birds to the property.

Nesting boxes were strategically placed around the course, as well as feeders to help birds survive the winter at a course open year-round. From about 60 different bird species routinely seen at Cordova Bay several years ago, the count has now risen to more than 70, from cormorants and blue herons to barn swallows and bald eagles.

At Stewart Creek Golf and Country Club, a Rocky Mountain layout in the environmentally sensitive Bow Valley near Canmore, Alta., wildlife corridors are incorporated into the course routing, as well as native grasses to provide forage for migrating animals. Golfers thrill to watching bear, elk and other wildlife travel through the course.

But perhaps the most original initiative is found at Manitoba's Clear Lake Golf Course in Riding Mountain National Park, where there is often a strong, and environmentally beneficial, whiff of french fries in the air.

The smell is expelled by the exhausts of six maintenance machines rigged to run on used cooking oil gathered from nearby restaurants. As much as 10,000 litres of an otherwise useless waste product is recycled this way each year.

"The only downside is that golfers are reporting a constant craving for fast food," superintendent Greg Holden said jokingly.

Learn to think like a pro

You have hit hundreds of balls at the range and your swing is looking good. Now it's time to take your game to the next level by booking an on-course playing lesson with a teaching pro.

"Playing lessons are a great way for golfers to learn to think strategically on the course," said Ted Stonehouse, the head professional at Clovelly Golf Course in St. John's, N.L. "Golf is like chess. To score well, you have to think at least two moves ahead."

On which side of the tee box should you set up? What's the optimum target line? Should you try to make a shot where trouble looms, or is the smart play a lay-up?

"A pro can help you develop a master plan suited to your talent level," Stonehouse said. "Suppose a particular hole at your home course has been giving you trouble. Well, let's look at it in a new way. Let's try a different club or a slightly easier route to the green."

A playing lesson also offers a golden opportunity to watch and emulate a professional's approach to the game. Study the pro's pre-shot routine, how they read putts, and the tempo of their swing.

"Some people are a little intimidated at first when they play with a pro," Stonehouse said. "But just relax and enjoy the experience. And remember that you're doing us a favour by getting us out of the pro shop." BRIAN KENDALL

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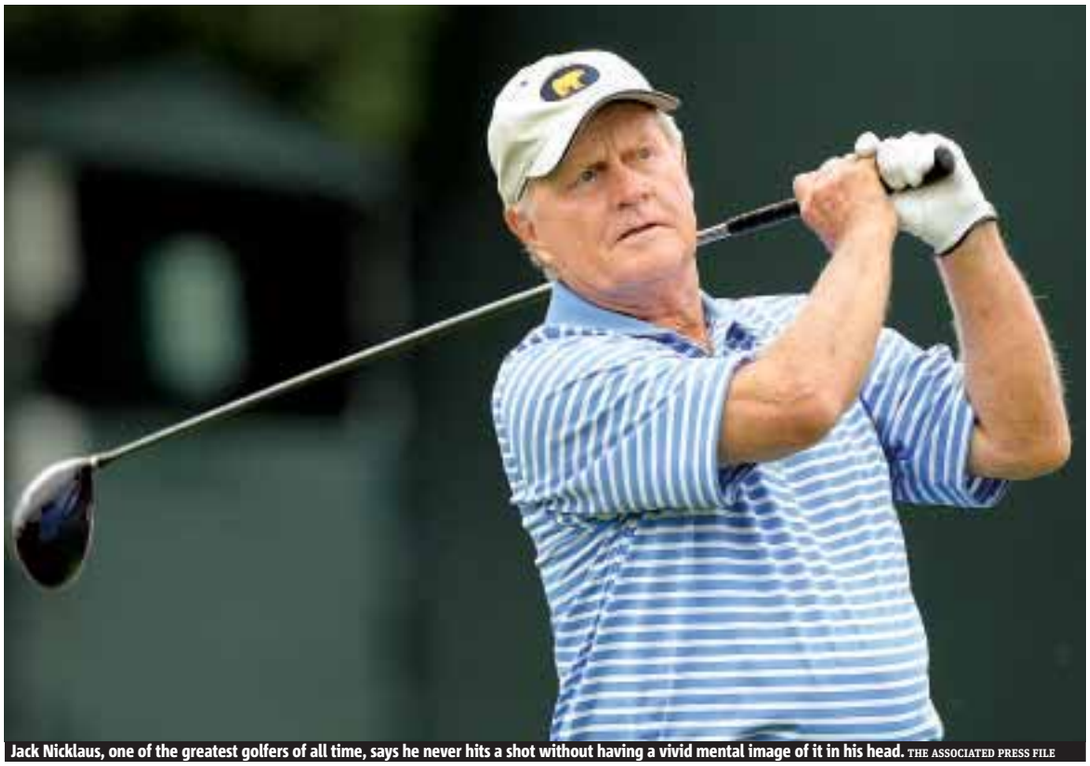

Jack Nicklaus, one of the greatest golfers of all time, says he never hits a shot without having a vivid mental image of it in his head. THE ASSOCIATED PRESS FILE

Visualize a better score

BRIAN KENDALL
For Metro

Even if you can't find time to play or practise, it's possible to "visualize" your way to better golf scores.

Research by scientists and behavioural psychologists has shown that creating a mental image of something you want to accomplish — like a drive down the heart of the fairway — and repeating that image over and over again, sends the same electrical impulses or instructions to the muscles as actually carrying it out.

Vivid details

"It's like a colour movie. First, I 'see' the ball where I want it to finish, nice and high and sitting up on the bright green grass. Then the scene quickly changes and I 'see' the ball going there — its path, trajectory and shape, even its behaviour on landing."

Jack Nicklaus

Almost everyone has hit shots even a professional might envy. By recalling these positive mental images, you are reminded that there is nothing stopping you from doing it again. Some scientists believe that mental rehearsal creates the neural pathways necessary for actual performance. The brain and body work together to create a successful result.

Learning to apply the same visualization techniques and mental discipline on the golf course is an even more certain path to lower scores.

Jack Nicklaus, one of the greatest golfers of all time, said he never hits a shot without having a vivid mental image of it in his head.

"It's like a colour movie," he said. "First, I 'see' the ball where I want it to finish, nice and high and sitting up on the bright green grass. Then the scene quickly changes and I 'see' the ball going there — its path, trajectory and shape, even its behaviour on landing."

Boldness is key on the greens

It's almost impossible to overstate the importance of making short putts. Consistently missing three- and four-footers will quickly destroy your confidence and ruin your scores.

No less an authority than Annika Sorenstam believes that boldness is the key.

"Be in charge," she said. "A great way to practise making short putts is to place a tee at the back of the cup and hit toward it with conviction. Make a decision and boom — drop the putt."

Top instructor David Leadbetter suggests choking down on the putter for better control. Grip the club lightly, make a short stroke and accelerate through impact.

Just as crucial is resisting the temptation to look up immediately after you have hit the ball. This will ensure that you complete your stroke and keep the putter's face square to the target line.

"Wait for the rattle when the ball drops into the cup," Sam Snead liked to say. "It's the sweetest sound in golf."

BRIAN KENDALL

Annika Sorenstam says you should be in charge on the greens when you are lining up short putts. THE ASSOCIATED PRESS FILE

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Tiger Woods hits off the 18th tee during the British Open Golf Championship on the Old Course at St. Andrews, Scotland, in 2010. THE ASSOCIATED PRESS FILE

Zach Johnson looks at his ball on the 13th green during the British Open Golf Championship at Muirfield, Scotland, in 2013. THE ASSOCIATED PRESS FILE

Tee off in a wee bit of history

Destination. Scotland, the birthplace of golf, offers more than 550 courses from which to choose

BRIAN KENDALL
For Metro

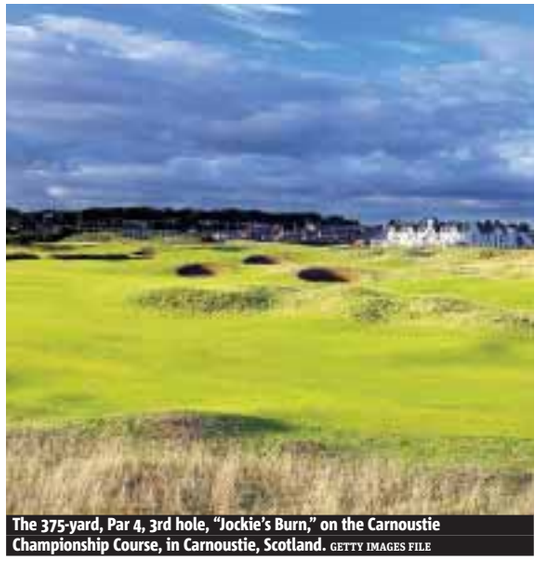
Like everyone who loves the game, you have fantasized about a golf vacation in Scotland and you are determined to make it happen this year.

With more than 550 courses, golf's birthplace offers an overwhelming choice of possible itineraries. But nowhere is Scotland richer in famous links than along its northeast coast, where the roster includes Muirfield, Cruden Bay, Royal Dornoch, Carnoustie, Trump International and the Old Course in St. Andrews. All belong on any ranking of the world's top 100 courses.

Rent a car and happily spend a week or two golfing your way along the rugged coastline. But if you are pressed for time or don't want to do so much driving, then consider basing yourself in Edinburgh, a city of almost unrivalled Georgian splendor, and make daily golf treks to the adjoining district of East Lothian. Marketed as Scotland's Golf Coast, this stretch of the Firth of Forth coastline offers 22 courses, including Muirfield and two other world-class links, North Berwick and Gullane No. 1.

Edinburgh is also just two hours by train or car from St. Andrews, the cradle of the game and a town as recognizably Scottish as the kilt and sporran.

Once settled in at the Old Course Hotel or Rusacks Hotel in St. Andrews, enter your name in the ballot to play the Old Course, the experience of a lifetime. Or purchase a three-day unlimited pass and play to your heart's content on the six other courses managed by the St. Andrews Links Trust on the old sod where it all began.



The 375-yard, Par 4, 3rd hole, "Jockie's Burn," on the Carnoustie Championship Course, in Carnoustie, Scotland. GETTY IMAGES FILE

One-two punch. Golf and vineyards

Award-winning vineyards and superior golf — the irresistibly modern one-two tourism punch pioneered by California's Napa and Sonoma valleys — has quickly put the Thompson-Okanagan region of British Columbia on the radar of discerning travellers.

Golf courses have sprouted like wildflowers throughout the rolling red hills and lushly forested mountain valleys of the B.C Interior. Tobiano, Canoe Creek and Talking Rock near Kamloops, The Club at Sagebrush in Quilchena, The Club at Tower Ranch near Kelowna and other outstanding courses have all enjoyed ballyhooed openings in the past decade.

But it was the 1991 launch of Predator Ridge Resort near Vernon that first put Thompson-Okanagan on the map of Canadian golf.

The 1,200-acre resort and real estate development offers a gorgeous landscape of clear lakes, fast-rushing mountain streams and wheatgrass meadows. There is a central lodge, two- and three-bedroom cottages, as well as two championship golf courses. The older course, Predator, is a Les Furber design that wends through rolling hills and tall grasses. But the real star is The Ridge, a brilliant Doug Carrick mountainside creation named SCOREGolf's best new Canadian course of 2010.

The local wine industry signalled its own coming of age with the 2001 opening of Mission Hill Family Estate Winery, a $40-million hilltop showpiece just outside of Kelowna. Seattle-based architect Tom Kundig's Mediterranean-influenced complex offers sweeping views of Okanagan Lake and hillsides covered in rows of Pinot noir and Chardonnay vines.

Though tours and tastings are year-round attractions at most of Thompson-Okanagan's more than 100 wineries, many oenophiles visit during the Okanagan Spring Wine Festival (May 1-11) or during the even more popular Okanagan Fall Wine Festival (Oct. 3-13). BRIAN KENDALL

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City of Saskatoon
www.saskatoon.ca/go/golf

The 18th green at the Glen Abbey Golf Club in Oakville, Ont. TORSTAR NEWS SERVICE FILE

The Fairmont Banff Springs Course in Banff, Alta., features the majestic fourth hole. THE CANADIAN PRESS FILE

It's worth the drive ... or flight

Unique challenges. Canada offers some truly beautiful golf holes that are world destinations

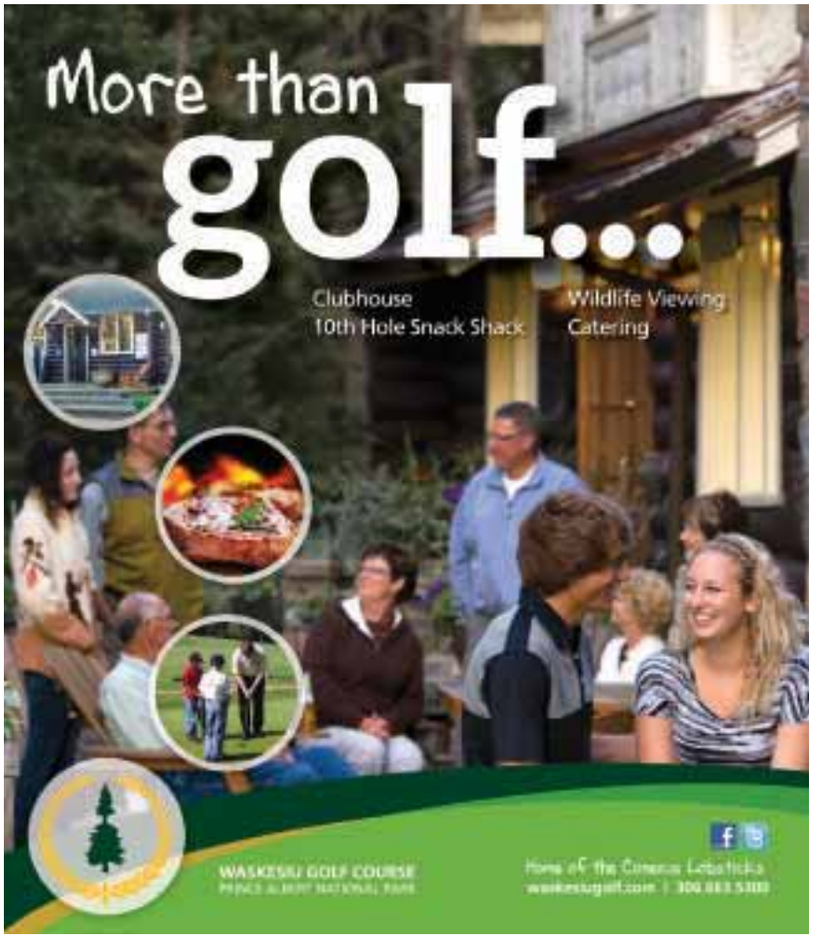
Totemic symbols of our game, Canada's signature golf holes are so uniquely beautiful that golfers travel from around the world to play them. Here are four holes built for immortality.

18th hole, Glen Abbey Golf Club, Oakville, Ont.
Tiger Woods famously sealed his victory in the 2000 Canadian Open on the par-five closing hole by slashing a 210-yard bunker shot over a greenside pond to the back edge of the putting green. So astonishing was the shot that, since then, some golfers who visit the Jack Nicklaus-designed layout can't resist the temptation to drop a ball in the same bunker and try their luck.

12th hole, Algonquin Golf Course, St. Andrews By-the-Sea, N.B.
Offering sweeping views across Passamaquoddy Bay to the state of Maine, architect Tom McBroom's oceanfront Par 3 became one of the Atlantic coast's most celebrated holes the moment of its unveiling in 1999. Stretching 156 yards from the back tees, the 12th plays severely downhill to a small, cashew-shaped green perched like an emerald infinity pool at the water's edge.

4th hole, Fairmont Banff Springs Golf Course, Banff, Alta.
For many golfers around the world, photographs of architect Stanley Thompson's legendary Par 3 Devil's Cauldron have come to define their mental image of the Canadian game. From an elevated tee isolated amidst the boreal hush of a Rocky Mountain forest, golfers hit their tee shot over an impossibly picturesque boulder-filled glacial lake to a sloping and heavily bunkered green set in the shadow of looming Mount Rundle.

6th hole, Greywolf Golf Course, Panorama, B.C.
Cliffhanger, the aptly named Par 3 sixth hole at this Doug Carrick-designed mountain layout, features a long, gut-churning carry over the sheer drop of Hopeful Canyon to a green perched along the edges of vertical rock cliffs. Rugged peaks tower in every direction, evergreens strain toward the sky, and from the green, golfers can see for kilometres down an incredibly beautiful mountain valley. BRIAN KENDALL



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NBA playoffs

James' 49 leads Heat past Nets

LeBron James tied his playoff career high with 49 points, and the Miami Heat beat the Brooklyn Nets 102-96 on Monday night for a 3-1 lead in the Eastern Conference semifinals.

Joe Johnson scored 18 points for the Nets.

The Heat are in position to wrap it up at home Wednesday in Game 5.

THE ASSOCIATED PRESS

CFL draft

Redblacks likely to keep first overall pick: GM

While Ottawa Redblacks general manager Marcel Desjardins has entertained some offers for his first overall pick in the CFL draft, he says there's a "relatively good chance" he'll make the pick Tuesday night.

Desjardins says he knows who he wants to take first overall but is keeping it to himself. One player the Redblacks won't use the top pick on is McGill tackle Laurent Duvernay-Tardif, the top-ranked CIS prospect who was selected in the sixth round of the NFL draft Saturday by the Kansas City Chiefs. THE CANADIAN PRESS

MLB

Buehrle racks up league-best 7th W

Mark Buehrle picked up his Major League-leading seventh win of the season with the help of the long ball Monday night as the Toronto Blue Jays defeated the Los Angeles Angels 7-3.

The veteran left-hander gutted it through six-plus innings despite not possessing his best stuff, while Jose Bautista and Brett Lawrie both drilled second-deck homers.

THE CANADIAN PRESS

Canadiens goalie Carey Price makes a diving save against Bruins forward Milan Lucic during Game 6 of their Eastern Conference semifinal series on Monday night in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Habs blank Bruins to force Game 7

NHL playoffs. Canadiens use 1-2 punch of Pacioretty and Price to send series back to Boston

Game 6

Canadiens	Bruins
4	0

Max Pacioretty broke out of a scoring slump with a goal and an assist in the second period and Carey Price made 26 saves as the Montreal Canadiens downed the Boston Bruins 4-0 to force a seventh game in their Eastern Conference semifinal series on Monday night.

The series is tied 3-3 going into Game 7 on Wednesday night in Boston.

Pacioretty, who had only one assist in the first five games, scored and set up Thomas Vanek's goal in the second period. Lars Eller scored in the first for Montreal and Vanek added his second of the game into an empty net with 3:56 left in regulation time.

Rookie Nathan Beaulieu, the Canadiens' 2011 first-round draft pick who was given a surprise start by coach Michel Therrien, picked up an assist in his first NHL playoff game and was plus-2.

The Canadiens repeated the scenario of their 2011 first-round series against the Bruins, winning at home to force a Game 7. That year, they lost the decisive game in overtime.

Montreal busted out of the gate after a rousing pre-game show and the teams played at a ferocious pace through the first two periods.

Despite having the best of the play in the opening 20 minutes, the Canadiens needed a freak play for the only goal.

Kevan Miller lost the puck off his stick behind the Boston net and then inadvertently tripped goalie Tuukka Rask as he tried to smother it, leaving Eller free to score unassisted 2:11 into the game.

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4 SPORTS

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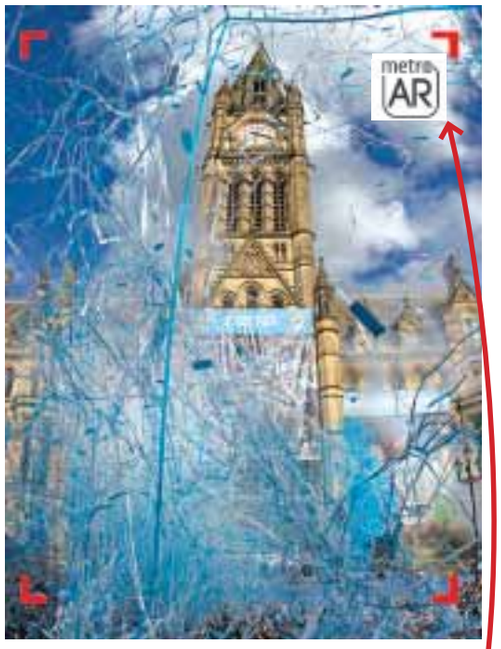

Manchester painted blue

Manchester's town hall gets swathed in confetti on Monday, in celebration of Manchester City's Premier League championship. Scan the above image with your Metro News app to view a photo gallery of Monday's festivities.

RON SUPER/THE ASSOCIATED PRESS

Toronto F.C.

Defoe on standby list for Brazil

Age and geography probably played against Toronto FC striker Jermain Defoe in his bid to go to the World Cup in Brazil.

The 31-year-old Defoe did not make England's main 23-man squad which features Wayne Rooney, Daniel Sturridge, Danny Welbeck and Rickie Lambert at forward. Instead the MLS star was one of two strikers named to England's seven-man standby list.

The first-team England strike force has combined for 51 international goals and 124 caps in Rooney (38 goals, 89 caps), Sturridge (3, 10), Welbeck (8, 21) and Lambert (2, 4).

Manager Roy Hodgson also has attacking options in midfield in Alex Oxlade-Chamberlain, Adam Lallana, Ross Barkley, Raheem Stirling, among others.

"Jermain Defoe's international career could be over," the Daily Telegraph said after the squad announcement.

THE CANADIAN PRESS

Price's offensive tweets 'outrage' Stampeders

'Repugnant.' CFL club slams its wide receiver for tasteless comments over NFL draft pick Michael Sam

The Calgary Stampeders say they are "outraged by the offensive comments" posted on wide receiver Maurice Price's Twitter account that appeared to disparage the sexual orientation of NFL draft pick Michael Sam.

"The comments are repugnant and in no way reflect the organization's views or values," the CFL club said in a statement late Monday. "The matter will now be dealt with internally."

A tweet removed from @MauricePrice17 within an hour of its initial posting said "My faith won't allow me to ACCEPT what took place over the weekend. Sorry. NOT sorry! #AdamandEve #NotAdamandAdam."

"And it's highly disturbing that under the current constitution individuals have been fined for verbalizing their thoughts," another tweet read.

Sam became the first openly gay football player selected in the NFL draft Saturday when the St. Louis Rams drafted him in the seventh round. ESPN and the NFL Network both included video of Sam kissing his male partner in celebration during their coverage of the draft.

Stampeders wide receiver Maurice Price GETTY IMAGES

A later tweet from Price's account, which was also removed, said "Of course my words get misconstrued. I wish Sam nothing but the best and hope he has a fantastic career. It's nothing personal against him."

The CFL fined Montreal Alouettes wide receiver Arland Bruce in February for urging Sam on social media to "submit fully to God."

Winnipeg Blue Bombers defensive tackle Bryant Turner Jr., was also fined then for a tweet saying "Michael Sam locker-room gonna come with complimentary robes."

In the NFL, Miami Dolphins safety Don Jones was fined an undisclosed amount and will undergo educational training after he tweeted "OMG" and "Horrible" shortly after Sam's name was announced Saturday. The tweets were taken down a short time later.

Jones apologized for his comments and described them as inappropriate. The Dolphins said Jones has been excused from all team activities until he completes training related to his comments.

Former Mississippi basketball player Marshall Henderson also tweeted that he did not agree with ESPN's coverage of Sam at the draft and was going to boycott "SportsCentre" until the network stopped running the footage.

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Blue Jays

Elbow strain puts Santos out

The Toronto Blue Jays put reliever Sergio Santos on the 15-day disabled list Monday with a right elbow strain.

Santos, 30, has appeared in 14 games this season, posting an 0-2 record with five saves and a 9.00 earned-run average.

Toronto also optioned catcher Eric Kratz to triple-A Buffalo while recalling infielder Jonathan Diaz and right-hander Chad Jenkins.

Kratz, 33, hit .231 in 11 games with Toronto this season.

Diaz, 29, appeared in 22 games before being optioned April 30.

Jenkins, 26, returns for a third time this season.

THE CANADIAN PRESS

'This isn't Hollywood.' Glitz won't get Manziel off the Browns' bench

Johnny Manziel has a Heisman Trophy, celebrity friends and fame. At the moment though, he doesn't have a starting job.

Cleveland owner Jimmy Haslam said Monday the Browns told Johnny Football to start acting like a backup quarterback.

Although Manziel has brought a buzz to Cleveland and made the Browns fashionable, Haslam quickly ended any speculation that he'll soar past Brian Hoyer.

"We were very frank with him that 'You're the backup quarterback. This is a hardworking, blue-collar town. This isn't Hollywood,"' Haslam said.

THE ASSOCIATED PRESS

Johnny Manziel GETTY IMAGES

Horoscopes

Aries
March 21 - April 20
You have started many new things in recent weeks but you will soon have to choose which one or two projects you are going to focus on. There's no point trying to do it all.

Taurus
April 21 - May 21
With the Sun moving through your birth sign you are eager to start something new. Don't wait for Lady Luck to drop opportunities into your lap — get out there and create them yourself.

Gemini
May 22 - June 21
Everyone has daydreams but the power of your imaginings could lead you in some unusual directions. Try to keep a grip on reality today, otherwise your mind could float away!

Cancer
June 22 - July 23
Work hard but leave yourself time for fun too. Friends will come by when you least expect it and you should be ready to drop what you are doing and make them feel welcome.

Leo
July 24 - Aug. 23
You will be extraordinarily assertive on the work front, but you could also annoy people who think you are trying to usurp their position. You must stay on good terms with those in positions of power.

Virgo
Aug. 24 - Sept. 23
You will find that a number of questions you have been asking over the past few weeks will answer themselves. Whether or not the answers are to your liking, at least you will know what it all means.

Libra
Sept. 24 - Oct. 23
Fears you thought had been put behind you will return in unexpected ways. However, if you face up to those fears and deal with them bravely the planets indicate this will be the very last time they bother you.

Scorpio
Oct. 24 - Nov. 22
The next few days are mainly about relationships. Challenges must be dealt with and certain people must be told in no uncertain terms that you are the boss. Compromise is possible, but only after you establish your authority.

Sagittarius
Nov. 23 - Dec. 21
If you need to make changes in your working environment now is the time. Some of your colleagues won't like what you do but that's too bad. Either they fit in with your plans or they move out.

Capricorn
Dec. 22 - Jan. 20
This is one of the best times of the year for you and you really should be making the most of it. Most things are possible, so set your sights high and make greatness your goal.

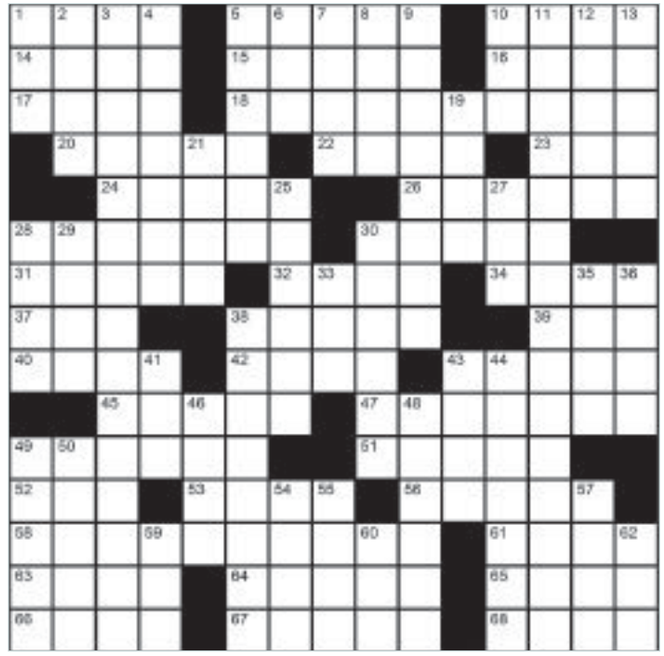
Aquarius
Jan. 21 - Feb. 19
A difference of opinion with a friend or family member could get out of hand, so promise yourself no matter what is said you won't overreact. Soon all will be forgotten.

Pisces
Feb. 20 - March 20
Travel is on the cards but so are hold-ups and unexpected diversions. Wherever you end up you'll have a lot of fun, so don't stay home – get out into the world. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers

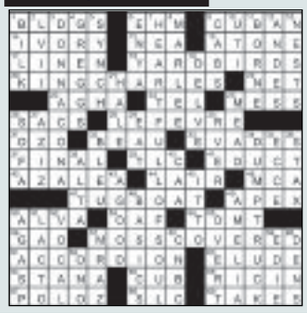
BY KELLY ANN BUCHANAN



Across
1. Summertime lotion nos.
5. 1974 Joni Mitchell album: '__ and Spark'
10. Obi-Wan portrayer
14. Actor Mr. La Salle
15. Remove garment stitches
16. Hair (Book by: Gerome Ragni and James __)
17. __-drama (TV genre)
18. __ Island, in New Brunswick, where President Franklin D. Roosevelt spent summers
20. Vegan's no-no
22. Small salmon
23. Actor Mr. Watanabe
24. Namesakes of the schemer in Othello
26. Discount
28. Stove part
30. Reserved
31. Canadian director Mr. Arcand
32. Mr. Esparza of NBC's "Law & Order: Special Victims Unit"
34. Alphabet quartet
37. Irish coronation stone, __ Fail
38. Crooner Mr. Crosby's
39. Sigma's follower
40. Latin pronoun
42. Beehive State
43. Earth tone
45. __ Beatz (Hip-Hop producer hubby of Alicia Keys)
47. In-the-midst-of-gigs musicians, say
49. Micky of "The Monkees"
51. Buyer's bender
52. 'Comp' completer (Calculate)
53. Similar
56. Sir Newton
58. Enrique Iglesias' ex-tennis player girlfriend Anna
61. Think, archaically
63. 'Within'-meaning prefix
64. Bona fide
65. Engrave
66. Fifth music scale notes, variantly
67. Director Mr. Hallstrom
68. "Away!"

Down
1. But, to Brutus
2. Advantages
3. Sherlock Holmes: 2 wds.
4. __ clean
5. Clock bird's call!
6. __ first name basis: 2 wds.
7. "Gomer Pyle, _._._._."
8. Taken-back vehicle
9. East-of-Edmonton Alberta town: 2 wds.
10. Not now
11. Burlington, ON band that famously appeared on "The Ellen DeGeneres Show": 4 wds.
12. Grace's surname on "Will & Grace"
13. Beatles 'Revolver' song: "For __ __"
19. Store sale's 'two for the price...' acronym
21. PR people, puny-ly
25. Squirt
27. Ark builder, in Italian
28. Nero's 451
29. Trompe l'__ (Visual illusion)
30. The 2000s = The __
33. Anecdotal collection
35. Teri of "Tootsie" (1982)
36. Shades
38. Sulky sort
41. Barn baa-er
43. Not theirs
44. Makes
46. __ __ instant
48. Narcotic
49. "The __ of Hazzard" (2005)
50. Autumn: Spanish
54. Big name in furniture
55. Eggy beverages
57. "Fame" character
59. Ms. O'Donnell's, shortly
60. Sixers, swanky-style
62. The Guess __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

6	9						5	1
	2			6			3	
		4	3		9	7		
			1		3			
2								8
			4		2			
		9	7		8	6		
	7			4			8	
5	6						2	7

Yesterday's Sudoku

7	5	3	2	4	8	1	9	6
4	1	9	7	3	6	2	8	5
2	8	6	5	1	9	3	7	4
3	7	8	6	2	5	9	4	1
9	2	5	1	8	4	6	3	7
1	6	4	9	7	3	5	2	8
5	3	7	4	6	2	8	1	9
8	9	1	3	5	7	4	6	2
6	4	2	8	9	1	7	5	3

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